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I, of the hurricane

Surfers come out in force to ride the Joaquin waves

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Bedford Highway blues



Stephanie Taylor
Metro | Halifax

Some Halifax councillors are frustrated with the lack of answers as to how to fix the long-running problem of traffic jams along the Bedford Highway.

The arterial roadway, a well-known headache to rush-hour drivers, has been the subject of several reports — the most recent being an information report brought before Halifax regional council for discussion Tuesday.

In the report, staff update council that a consultant is required to study the Fairview Interchange in order to take a second look at creating a reversing lane on the Bedford Highway.

"I really don't know anymore what to tell my residents," Coun. Tim Outhit said Tuesday.

He criticized that in recent months, a series of reports have come forward, offering various figures and alternatives on how to soothe traffic in the area, but none with a clear, definite solution.



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Mayor unfazed by head of winter works' departure

INCLEMENT WEATHER

Plan already in place to ensure service won't be disrupted



Stephanie Taylor
Metro | Halifax

The timing of the resignation of the city's superintendent of winter operations doesn't seem to be causing Halifax's mayor to lose sleep.

Mayor Mike Savage said Tuesday he was surprised when Darrin Natolino gave his notice last week, joking how "everybody's fascinated by that."

But in terms of what Natolino's exit means for the municipality come Jack Frost's arrival, Savage insisted that residents are in good hands.

"We've put in place our plan for this winter, regardless of who the people are at the specific positions," he said.

"Darrin's fingerprints are all over it, so we appreciate the work he's done and we wish him well," Savage said Tuesday, adding Natolino has accepted a job with the private sector.

Savage also said he fully expects to see Natolino's position filled, but that falls under the responsibility of the city's chief administrative officer and the director of the department.

"Certainly a lot of council-



Mayor Mike Savage says he expects someone will be chosen quickly to fill the superintendent of winter operations position left vacant by Darrin Natolino, pictured below. METRO FILE

We've got a good plan in place to make sure we can handle snow and ice this winter.

Mayor Mike Savage

lors will be interested," Savage said.

Last winter, Natolino became the public face of snow clearing in HRM, handling the brunt of complaints levelled

at the city as a brutal winter saw snow piled up on streets and sidewalks for days at a time as well as icy sidewalk conditions for weeks.

WITH FILES FROM HALEY RYAN



THIEL GROUP

Judge throws out firm's appeal



Zane Woodford
Metro | Halifax

A Nova Scotia judge has thrown out an appeal by a Halifax developer that alleged the province broke its own rules with respect to the development of the Nova Centre.

The Thiel Group, which owns downtown buildings like the TD Centre and the BMO Centre, originally tried to sue the province in 2014, alleging that the approval process for the mammoth downtown convention centre contravened the Municipal Governance Act and the Halifax Charter.

At issue was the province's creation — at the request of the city — of an interim planning area and statement of provincial interest that allowed Argyle Developments, the company building the Nova Centre, to continue excavating the below-ground portion of the project while the design of the above-ground portion of the building underwent changes, subject to approval, as a result of public consultations.

The province argued that not doing so would create a delay in the construction of the Nova Centre, in which it has a significant economic stake.

The Thiel Group argued the province acted outside of its jurisdiction.

In 2014, a provincial court judge dismissed the Thiel Group's lawsuit, saying the province had in fact acted within its jurisdiction.

In a news release, Thiel Group CEO Wolfgang Thiel said he was "disappointed" by the decision, which reinforces his view that there are two sets of rules for developers in the province.

The release also says, however, that the Thiel Group will respect the judge's decision and take the case no further.

IN BRIEF

City staff to examine nixing deed transfer tax

Municipal staff will be examining scaling back or wiping the deed transfer tax altogether for home sales in Halifax.

Coun. Lorelei Nicoll made the request for a staff report, citing that altering the tax, currently set at 1.5 per cent, could help boost the local housing market.

STEPHANIE TAYLOR/METRO

CITY HALL

Stormwater bylaw unfair to rural areas: Council

A long-awaited bylaw that aims to limit the amount of runoff from residential homes in Halifax will have to wait a bit longer.

Staff initially proposed introducing a new lot-grading bylaw in order to help protect private properties from flood damage, which the city's Committee of the Whole discussed on Tuesday.

Coun. Barry Dalrymple of Waverly-Fall River-Beaverbank, along with others representing

rural and suburban areas of HRM, took issue with the fact staff recommended the bylaw only be applied to residential homes located in the urban service area.

"Are we saying we have no flooding issues?" Dalrymple said Tuesday. "Maybe we should have had a bus tour the last three or four days. I could have taken you to one flood after another."

Peter Duncan, manager of infrastructure, explained that staff weren't implying there is no flooding in rural areas, which are serviced by well and septic systems.

Part of the problem, he said, is the difficulty to "quantify" the issue, since records show most flooding is related to infrastructure in the public right-of-way.

Regardless, Tuesday's council voted in favour of including

the entire HRM in the proposed bylaw, resulting in an up-to-five-month wait for a supplementary report to return, then a public hearing to be scheduled.

"If you're impacted by a flooded basement and the damage to that, it's the same whether you live in a serviced area or non-serviced area," Coun. Steve Craig said Tuesday. "It's equally devastating."

STEPHANIE TAYLOR/METRO

\$2,000

Justice Joel Fichaud sided with the trial judge and ordered the Thiel Group to pay \$2,000 to the province.

ECONOMY

Social sector vital, says report



Kristen Lipscombe
Metro | Halifax

This province must focus more on its “social sector,” the Community Foundation of Nova Scotia concluded in its 2015 Vital Signs Report.

The foundation, which describes itself as a public group “created by and for the people of Nova Scotia,” released its report at a panel discussion that was set for Tuesday morning on the Nova Scotia Community College’s waterfront campus.

“Nova Scotia’s social sector plays a significant role in supporting the province’s economy,” a foundation news release said, “but its role in achieving the ambitious goals and objectives presented in the Ivany Report has not yet been explored.”

Foundation executive director Angela Bishop said in the release that this year’s focus is on “the social sector because it is a significant conduit for individuals, businesses, organizations and government to invest in the community.”

According to the foundation, the social sector includes non-profits, charities, co-ops and other social enterprises, therefore indirectly contributing to “economic prosperity.”

+ VOLUNTEERS

Volunteer hours contributed by Nova Scotians annually equate to about \$1.8 billion worth of services.



Chef Andru Branch, left, preps some food with Rob McNeish, community farm co-ordinator, in the kitchen on Tuesday. JEFF HARPER/METRO

Kitchen ‘a bit of a home’

DARTMOUTH

Community food centre set to launch on Wednesday



Haley Ryan
Metro | Halifax

Vel Oakes might be warming up to vegetables, but kale is still an “acquired taste.”

Oakes, 50, has been coming to the Dartmouth North Community Food Centre since it opened two months ago to help

make preserves, work in the garden, and prep dishes like chutney for the grand opening on Wednesday.

“This is all new to me. I mean, don’t vegetables come in cans?” Oakes said with a laugh Tuesday afternoon in the bright, open space on Primrose Street in north Dartmouth.

The space, a project of the Dartmouth Family Centre, has seen several hundred people a week come in for free lunches, family dinners, kitchen classes, drop-in times or other programming, manager Deborah Dickey said.

A Saturday market and café have also “exploded,” Dickey

said, with last week pulling in hundreds of dollars in one day.

Those who come in for the free meals are also the ones who make up a nearly 60-strong group of volunteers who do everything from meal prep, serving at the wood tables, or washing dishes, Dickey said.

“I’ve already learned a lot, and ... that vegetable aren’t all bad,” Oakes said.

“Kale is an acquired taste in my books,” she added with a smile.

The centre provides a place for people to meet neighbours and get healthy meals in an area where there are many

single people, seniors and low-income residents in isolation, said food skills coordinator Melissa Rankin.

“It reinforces what’s important in life and what’s absolutely crucial, like being around others, the need to eat healthy,” she said.

Oakes said it means a lot to be served meals instead of standing in line like at a soup kitchen, and there are flowers on the tables with real silverware.

“You’re treated with dignity,” she said. “It can happen to anybody that you find yourself needing a meal.”

The launch with support-

+ WHERE/WHEN

The launch is 5:30-7:30 p.m. on Wednesday at 6 Primrose Street, Dartmouth. There will be remarks by MC Jackie Torrens, Mayor Mike Savage, and food samples.

ers and Mayor Mike Savage is a chance to showcase what they’ve done so far, Dickey said, and emphasize they’re “not going anywhere.”

“People have talked about it as being a bit of a home,” she said. “We’re here to stay.”



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HALIFAX



Medal of Bravery recipients Kenneth MacNeil, left, and Dr. Nathan Urquhart, centre, smile with chairman Retired Brigadier-General Remi Saulnier after receiving their awards in the Province House Red Chamber on Tuesday. JEFF HARPER/METRO

‘Really seconds to react’

CEREMONY

Halifax men rewarded for heroic acts



Haley Ryan
Metro | Halifax

A man who jumped into the Halifax Harbour to help another luckily knew exactly what to do.

On Tuesday, Dr. Nathan Urquhart of Halifax and Kenneth

MacNeil of Sydney Mines were presented with a Medal of Bravery by the premier at Province House.

Urquhart had been walking along the Halifax boardwalk with friends around midnight on April 10 when he saw a man go head first into the water.

“You just have really seconds to react,” Urquhart told reporters after the ceremony.

“I didn’t take my phone out of my pocket, didn’t take my clothes off, just went right in because the guy was under-

water,” he said.

Urquhart towed the man, who was twice his size, over to a ladder and kept him afloat while his friends called for help. He said it was about 15 minutes before paramedics and police were able to help them out of the water, which was “certainly cold.”

Although Urquhart, an orthopedic surgeon, said it was “surreal” to see someone fall, his first-responder experience with marine offshore rescue and Halifax search and rescue crews



I didn’t take my phone out of my pocket, didn’t take my clothes off, just went right in because the guy was underwater.

Dr. Nathan Urquhart

kicked in.

“You never really want to do that, however a lot of my background training allowed me to respond,” Urquhart said.

Premier Stephen McNeil thanked both men for putting others ahead of themselves,

and mentioned Urquhart’s two young daughters in the crowd.

“The fact that you put your own life at risk to ensure that another Nova Scotian was saved ... is not lost on all of us as we sit here and look at those two smiling faces,” McNeil said.

+ VIOLENCE

‘The memories are hard to forget’: Kenneth MacNeil

A Cape Breton man who stepped in front of a crowd to stop a beating finds the memories hard to forget.

Kenneth MacNeil of Sydney Mines was barbecuing in his backyard on the evening of June 15, 2007 when he heard young people yelling and screaming in front of his house.

When he went to see what it was, MacNeil said there was a man being attacked by about six people while a group of nearly 30 milled around watching.

MacNeil, who accepted a Medal of Bravery in Province House Tuesday, said he felt it was his “duty” to intervene and save the young man, but then had the crowd turn on him. He was knocked unconscious and suffered a shattered jaw and eye socket, with life-long side effects.

“The memories are hard to forget,” MacNeil said quietly.

MacNeil added it was a great honour to receive the medal Tuesday, and was “choked up” about the experience.

“You don’t really think about it before you do it. It’s inside you to help,” he said.

Established in 1972, the Medal of Bravery is considered the third highest award for bravery — one of the three Canadian bravery decorations presented by the monarch or a representative. METRO

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ST. FRANCIS XAVIER

Tuberculosis scare a false alarm

The Nova Scotia Health Authority says test results show a student at St. Francis Xavier University does not have tuberculosis.

The authority had said a student in Antigonish was suspected to have the infectious

disease, but lab results show the student doesn’t have it.

Tuberculosis typically attacks the lungs but can affect any part of the body with symptoms including weakness, fever and coughing.

THE CANADIAN PRESS

+ INFECTION

Tuberculosis is spread from person to person through bacteria in the air.

IN BRIEF

Engine troubles sideline N.S. warship in the U.K.

Engine problems have sidelined a Halifax-based warship in the United Kingdom.

HMCS Athabaskan left last month to take part in NATO training exercises off the coast of the U.K. But Athabaskan’s starboard cruise engine failed as it

was crossing the Atlantic Ocean.

The Royal Canadian Navy says the vessel has three remaining engines and Canadian maintenance crews are on the way to replace the failed one while the ship is in port.

Repairs are expected to take up to a week.

THE CANADIAN PRESS

Mulgrave council accepts proposal to dissolve town

The Town of Mulgrave has accepted a recommendation from a citizen-led committee to dissolve the municipality.

Mayor Lorne MacDonald says council voted on the recommendation Monday night.

THE CANADIAN PRESS



TOW-AWAY NOVA DOCK SWITCHES SIDES A barge being used to move the Nova Dock — a dry dock that had been based on the Halifax side of the harbour and then moved to the Dartmouth side — is seen here being submerged in order to be put under the dry dock to lift it up and tow it out of the harbour. JEFF HARPER/METRO

Woman restrained in hallway

CRIME

Early morning incident called 'alarming' by Halifax police



Kristen Lipscombe
Metro | Halifax

Police are calling an alleged assault that took place early Tuesday in downtown Halifax "alarming."

A woman was offered a walk home by a man she didn't know just before 1:30 a.m. on Blowers Street. He followed her down to an apartment located on the 1000 block of Barrington Street and walked right into the building, according to a police news release.

The man restrained her "by the arm," Halifax Regional Police spokeswoman Const. Stacey Opalka said Tuesday afternoon.

"The woman was able to call police during the incident ... in the hallway," she said, adding officers arrived on scene "within moments" and found the woman still being restrained by the man.

He had to be "physically removed," Const. Opalka said. "It's alarming, for sure, given the circumstances."

Police held Craig John MacPhee, 26, of Halifax in custody overnight. He was scheduled to appear in Halifax provincial court Tuesday afternoon to face charges of assault, break-and-enter and forcible confinement.

The woman wasn't injured as a result of the incident, police said.

Away or busy on October 19?

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Ready to vote 
October 19, 2015



Massive drug haul found on 18-wheeler

CRIME

Driver faces charges for trafficking, possession



Zane Woodford
Metro | Halifax

Police in Nova Scotia seized a transport truck loaded with drugs last week.

A release from the RCMP says investigators pulled over an 18-wheeler as part of an on-

going investigation in Brooklyn on Oct. 1.

On the trailer, they found more than 600 pounds of marijuana, almost 20,000 LSD tablets, 3.9 pounds of magic mushrooms, 47 methamphetamine pills and a small quantity of cocaine and methamphetamine.

The driver and only person in the vehicle — 39-year-old David Joseph MacDonald of Fraser Mills — was arrested and charged with four counts of trafficking in a controlled substance and one count of possession of a controlled substance.

MacDonald was arraigned on Oct. 1 and will be back in Kentville provincial court on Oct. 27.



Among the drugs found on the tractor trailer, police seized 600 pounds of weed and 20,000 tablets of LSD. COURTESY RCMP

FOOD TAMPERING

Man discovers pin in chocolate bar: Police

Halifax police say a man found a pin in his chocolate bar last week.

On Saturday, police got a call from a man who said he'd

bitten into a chocolate bar and found a pin.

He bought the Godiva brand chocolate bar at The Bay in the Mic Mac Mall in Dartmouth

on Friday.

He was not injured, and police called the store, which removed the remaining bars from the shelf.

Police ask that anyone who finds foreign objects in food report it to police immediately, and keep the food for inspectors to look at. METRO

SAFETY

Bomb threat forces school evacuation

Students were back in their school late Tuesday morning as Halifax police investigated a bomb threat at John W. MacLeod Elementary School on Purcell's Cove Road.

Police say a call came in at 8:08 a.m., and was originally about a threat to someone at the school, but as the investigation went on, turned into a bomb threat call.

The school day hadn't started yet, so the building was not evacuated, but students were kept outside on the playground, and then due to weather, moved to nearby Fleming Tower School.

Just after 10 a.m., police had finished clearing the building, and found nothing suspicious inside, and students were allowed back in. METRO

IN BRIEF

Student accused of sexual assault yet to enter plea

An Acadia University student charged with two counts of sexual assault is scheduled to return to court later this month for election and plea.

Phillip Shawn Herman, 21, of Wolfville, was present in Kentville provincial court Oct. 5 on one count. Reading of the charge was waived and the matter was adjourned to Oct. 19 for election and plea.

It's alleged that Her-

man committed a sexual assault on a fellow student in Wolfville Sept. 1. RCMP spokesman Const. Mark Skinner confirmed last month that RCMP responded to a complaint at the Acadia campus at around 1 a.m. Sept. 2.

Herman is also charged with committing a sexual assault in Wolfville between Nov. 1 and Nov. 30, 2013. Herman is scheduled to return to court Oct. 13 for election and plea on the second count.

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JEFF HARPER/METRO

Holy Cow Bay

Surfers took to the coast Tuesday to take advantage of the larger-than-usual swells brought in by Hurricane Joaquin. At a popular Cow Bay surf spot, surfers like Ty Grande paddled out to meet swells two metres high. "This is probably our first decent hurricane swell that's come through this year," he said.

TWO-METRE SWELLS AND COUNTING

Meteorologist Bob Robichaud said the swells Tuesday afternoon were about two metres, according to Environment Canada's buoys off the coast, but could have grown to almost three metres Tuesday night.



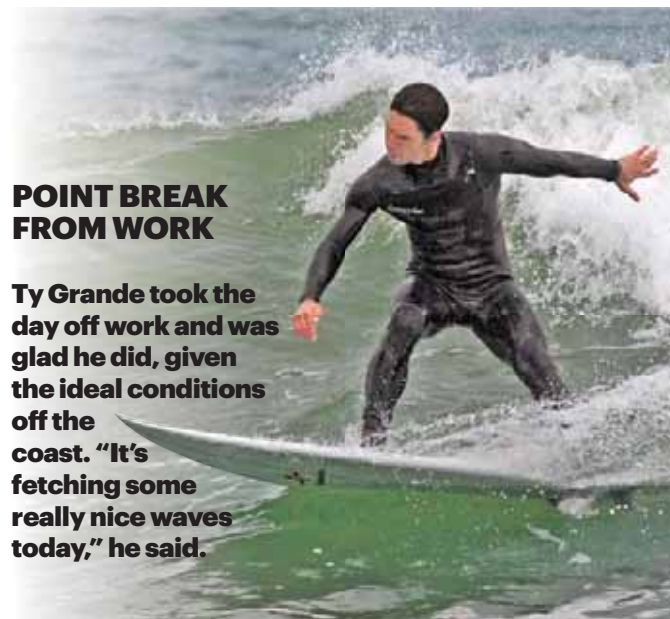
INSTAGRAM

SURFIN 'CA'

Surf conditions brought in some celebrities, too, with reality-TV personality Brody Jenner posting photos on his Instagram at some popular surf spots in Cow Bay on Tuesday and Lawrencetown on Monday, with the caption, "Great day for a surf in CA."

POINT BREAK FROM WORK

Ty Grande took the day off work and was glad he did, given the ideal conditions off the coast. "It's fetching some really nice waves today," he said.





METROTALKS ELIZABETH MAY

The Green party leader drops in for a revealing chat with Metro Vancouver during another whirlwind day on the campaign trail

ROB KRUYT/FOR METRO



Matt Kieltka
Metro | Vancouver

Whoosh.

In a sudden rush, Elizabeth May, the Green party's energetic leader, glides into a boardroom at Metro Vancouver's office.

Still munching on a bag of bulk almonds forced on her by her 24-year-old daughter and campaign caretaker, Cate May Burton, the MP for Saanich-Gulf Islands makes her greetings and quickly grabs a hairbrush from Cate's purse.

Two strokes.

"Does my hair look OK?" May asks, using her daughter as a mirror while not seeming to care what the answer is.

Good enough.

No almonds stuck between her teeth? Check. Good to go.

"My daughter keeps me alive," admits May, off the back of a news conference in opposition to increased tanker traffic off

B.C.'s coast and cutting it close to her flight out of town.

What follows isn't the scattered lightning round you'd expect from someone living in the eye of the storm but a composed and revealing conversation about the nation and the misperceived role of the surging Greens in that system.

Chiefly, May bats away the public perception that her party of eco-lovers hate all things oil-sands.

"Obviously, the Greens oppose (Kinder Morgan and Enbridge in B.C.), as we oppose Keystone and Energy East," she says.

Obviously, May believes most of our fossil fuels should be left in the ground. But...

"A lot of people don't necessarily fully understand the reasons for our opposition. It's not good for our economy, either, to have a strategy for oilsands development which is about maximizing the production of a low-value product and exporting it unprocessed," she said.

May argues that in supporting a "rip and strip" economy, Stephen Harper's government has been beholden to multinational corporations when it should be processing, upgrading and

refining oil and gas at home, stimulating the economy and creating jobs.

"The idea that being against pipelines is somehow being against jobs is absolutely, on its head, the opposite to the reality that this is all about shipping jobs to other countries," May says.

She thinks the federal government should sit down with provinces and create a national energy plan, following former Alberta premier Peter Lougheed's plan to manufacture bitumen, upgrade it to crude and process it in refineries in Alberta as a public resource.

The only country that has successfully followed his plan to the letter, May says, is Norway, which has leveraged its oil reserves into a trillion-dollar legacy fund for its people.

"If you divided up the legacy fund to the population of Norway, every Norwegian is a millionaire," she says, "because they followed Peter Lougheed's plan. So often the Greens are portrayed — because we are absolutely against bitumen pipelines and tankers — we're portrayed as if we're somehow against Canada's economic prosperity, and the opposite is true."

May spends the next 40 minutes talking about strategic voting, her exclusion from various leaders debates, trade agreements and even her aspirations to one day write mystery novels — until she feels a familiar tug on her sleeve.

"We really have to go," Cate May Burton pleads, as her mother — ever willing to engage on issues and show off a candidate's "Cut the bulls-t" poster — is reluctantly pulled away.

It's going to be another mad scramble to the airport.

Clear a path ahead of the Green tornado's next stop.

BATTLING PUBLIC PERCEPTION

Fear, strategic voting biggest threats to the Green party



Emily Jackson
Metro | Vancouver

Elizabeth May thinks her party has a shot at winning 12 to 15 seats, but with one major caveat — it will happen only if people aren't swayed by anyone-but-Harper strategic voting campaigns that assert a Green vote is a wasted vote.

"I have people saying, 'You know, I voted for you last time and I really love you ... but this time I have to vote strategically,'" she said, chastising the increasingly popular argument for strategic voting.

It reasons that a vote for the Greens helps Harper by splitting votes between the Greens, NDP and Liberal candidates,

thus stopping any from getting elected.

But May argues that is false. "If that was true, Stephen Harper would be working to get me in debates, not get us out," she said.

"The biggest threat to those seats going to Greens is people being afraid."

Green voters are often people who usually vote Conservative or people who didn't vote at all in previous elections, she said. In 2008, the year the party got the most votes, Harper won only a minority government. In 2011, when the Green vote plummeted — May believes this is because she wasn't allowed in major debates — Harper won a majority.

May won a seat in 2011 but did not in 2008.

She sympathizes with people who feel pulled to vote strategically but said it discourages voter turnout by making people feel uncertain and fearful. And it's important to encourage people to hit the polls, since nearly 40 per cent stayed at home last time.

"The biggest voting block in this country is the people who in 2011 and in 2008 stayed home," she said.

Outside of B.C., where the Greens undoubtedly hold the most clout, May said there are "pockets of strength" in New Brunswick, Prince Edward Island, Ontario and Quebec.

She is particularly optimistic about the prospects of Mary Lou Babineau in Fredericton and MP Bruce Hyer in Thunder Bay-Superior North.



ROB KRUYT/FOR METRO

PRIORITIES

If the Green party held the power...

Elizabeth May outlines the priorities she'll try to push through if the Greens hold the balance of power in the coming parliament:

- 1 Foster a co-operative, productive parliament
- 2 Get rid of the first-past-the-post electoral system (the Greens, Liberals and NDP all prefer proportional representation)
- 3 Abolish anti-terror Bill C-51
- 4 Demand real climate action, including keeping tankers off the coastline, and head to the UN climate talks in Paris as leaders

"That's it."
— Elizabeth May

ON NEIL YOUNG

"The first set of the concert was his more acoustic stuff, his older stuff, so I was transported back. I was remembering my friends' houses where I first heard various Neil Young songs. This was Grade 11. To know I was going to be meeting with him was very cool.

He's been very active on environmental issues and particularly promoting the campaign to put environmental rights in our constitution, and because we're the only party who's been advocating for that, he wanted to meet with me. So it was fantastic.... It was just as exciting as anyone who is a Neil Young fan would imagine it is to have a chance to hang out with him."

— Elizabeth May, after meeting Neil Young in Vancouver on Monday night



Neil Young speaks to reporters in Vancouver on Monday. EMILY JACKSON/METRO

What May would say

Elizabeth May has been forced to sit on the sidelines for three of the five leaders' debates during this election campaign. Here's what she would add to the debate:

CLIMATE CHANGE

"Although it's come up, the level of understanding and detail on this issue is so low from the party leaders that the debate has been at best superficial."

INCOME INEQUALITY

"In the clamouring to play to the middle class in this election, we forgot about poverty. We need to talk about the growing gap between the wealthiest and the poorest Canadians. The 86 wealthiest families have the same combined wealth as the 11.4 million Canadians at the bottom of the income pyramid. That's pretty shocking."

TRUTH & RECONCILIATION

"I'm wearing the pin from the Truth and Reconciliation Commission so that, throughout this entire campaign, every day I don't forget to raise these issues. I raised them in the two debates that I was included in, and I was the only leader to raise (it) in both of those debates."

CLUB DEAD

Next up for May: The great Canadian mystery novel

When she's not trying to save the world from climate change or investigating secret trade agreements, Green party Leader Elizabeth May wants to create some mysteries of her own.

"I'm a fan of mystery novels," reveals May, who just might be best-selling Canadian author Louise Penny's biggest fan. "I've written eight books, but they're all non-fiction. There are huge threats to my kids and grandkids right now. Until those are resolved, I'm going to stay in politics and I'm going to write non-fiction. But I would love to write fiction."

So without a hint of hesitation, May shared with Metro the first line of her would-be mystery novel, *Club Dead*:

"The paradise escape vacation had been on her bucket list for as long as she'd had one — but she had not planned it as a terminal trip."

May, giddy with delight, out-

lines the plot:

"It's going to be a mystery of figuring out whodunit, right? Of course, a place like the fictional Club Med in my *Club Dead* novel will not be wanting vacationers to know there's something wrong. Like, it was an 'accident' with the scuba equipment, the guy who just died on excursion, and they kind of just shush it up. And when someone gets food poisoning and dies at the buffet, well, did they know the person who just died in the scuba accident? Hmm."

"As the deaths pile up and the core vacation enterprise keeps keeping it quiet, there is one vacationer — of course, she's a police officer from Vancouver taking her first vacation in years — and she starts figuring out that something is amiss."

So keep your eyes peeled, because it looks like someone wants to add an Agatha Award to her Order of Canada.



ROB KRUYT/FOR METRO



READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Political junkie breaks mould of the young voter



ROSEMARY WESTWOOD
in Toronto

Alexander Cohen is late.

He arrives with apologies and the buzzing energy of a 20-year-old man who's taken a swig of sweet politics, and is hooked.

Cohen has been in a meeting all morning — every weekday morning, lately — plotting to get out the vote on campus. And, as head of the University of Toronto's young Liberals' club, the Liberal vote, in particular.

This morning's task: How to capitalize on a visit from little-known Stephan Dion, who was leading the Liberals when today's university students were hitting puberty.

"We're doing a vote mob," he says, which seems to mean a rowdy crowd roaming campus encouraging students to vote in advance polls.

"University students, post-secondary students, actually do vote in the same numbers as the general population. So on a university campus, get out the vote is very useful," Cohen notes. That could especially matter in his Toronto riding, hotly contested between the media-personality candidates of the NDP and

Liberals (Jennifer Hollett and Chrystia Freeland, respectively). Some MPs are elected by only a few thousand votes, he notes, an outcome that could be swayed by the thousands of U of T students who will likely cast ballots.

Cohen, raised in a politically savvy Ottawa family, has felt a kinship to politics since he first brought a campaign sign to school when he was a boy (his non-partisan parents wouldn't put in on the lawn).

"What I like about politics is it touches everything," he says. He's curious about how our country is run, and says the Liberals centrist politics match his belief that "the best solution in this country don't come from the polarized left and right."

The Liberals "have been involved in building this country for years," he says, entrenching official bilingualism, medicare, and the charter of rights and freedoms.

And while he had his doubts when Trudeau was named party leader, "we've seen Justin Trudeau grow over the past couple of years," he says.

Cohen praises the party's housing strategy and plans to improve public transit and boost youth employment. He recounts in detail Freeland's

CV and calls her "a heavy hitter."

"There's a lot more the government can be doing" for young Canadians, he says. "Is it easier or harder for a young person like me to pay for school, get a place to live and get a job in downtown Toronto than it was in 2006 when Stephen Harper came to office? It's harder."

Still, he admits that young Canadians remain largely overlooked in national politics. The Liberals, in announcing their final platform document, named it after the golden-goose "middle class" — a purely aspirational group for most millennials.

And yet Cohen remains engrossed. The local battle is tight; recent national polls show the Liberals pulling ahead of the Conservatives, and the NDP waning. "We're on a knife's edge," he says. "We're at a moment right now where so, so much is possible. There's a lot happening, and elections are fun, because they are about possibilities." In the words of a believer, this is big opportunity, and "I think we can seize it."

Rosemary Westwood is traveling across the country talking to young voters. She'll be in Toronto again tomorrow.



VOTER PROFILE

Name: Alexander Cohen **Age:** 20 **Riding:** University-Rosedale
His issues: Affordable housing, jobs and public transit

Conservative pot stance 'complete nonsense'

POLICY

Advocates say lives shouldn't be ruined over marijuana use



Jeremy Simes
For Metro | Calgary



Gilbert Ngabo
Metro | Toronto

Stephen Harper's recent comments on marijuana have drawn ire from community advocates and medical users of the drug.

While speaking at a campaign stop in Montreal Saturday, the Conservative Party leader said cannabis is "infinitely worse" than tobacco.

He insisted his government would continue to apply tough laws against its use, a stance he's maintained even

during candidate debates. Keith Fagin, founder and director with Calgary 420 Cannabis Community, an advocacy group that looks to legalize the sale of marijuana through regulation, much like alcohol, said Harper's comments are "complete nonsense."

"It's ridiculous," he said.

Fagin said the government's current drug policy can ruin young people's lives, where some end up in jail for having a pipe and a bit of residue in it.

"Just because they consume a bit of cannabis doesn't make them bad people," he said. "Kids tell me they feel like they miss out on job opportunities after they get a criminal record for minor incidents."

Pot can also be abused and affect people's health negatively, Fagin added, but

alcohol, for example, is no different.

"Anything can be abused," he said. "But marijuana is a lot less harmful when used normally."

The Conservatives have long linked the use of marijuana to the increase in risks of mental health problems. However, medical research on that issue is divided.

Details from a 2014 report on the issue from the Centre for Addiction and Mental Health

drew specific conclusions.

While the use of cannabis carries significant health risks — especially for people using it frequently or begin to use it at an early age — criminalizing it heightens these health harms and causes more social harms, the report concluded.

On a scale of 0-100, both tobacco and cannabis were rated 0 on lethality. Tobacco

was rated 100 for damage to physical health, while pot was 20. Marijuana however was rated 30 for impairment

of mental functioning, while tobacco was rated 0.

"At the levels and patterns of use reported by most adult

cannabis users, the health risks are modest, significantly lower than tobacco or alcohol," the report said.

BY THE NUMBERS

Which is the baddest habit?

Justin Trudeau wants to legalize recreational use of marijuana, while Stephen Harper says pot's effects are 'infinitely worse' than tobacco's. They can't both be right, can they?

10% of users become addicted

4% of users report problems

Has been linked to **bronchitis and cancer**

Hindering **cognitive and psychomotor effects**



68% of users become addicted

Between **30% & 50%** of users report problems

37,000 people die each year due to use

Costs health care **\$4.4 billion** every year

SOURCE: THE CANADIAN PRESS

Harper to ponder banning the niqab in public service

ELECTION 2015

Claims Tories united with public opinion on matter

A Conservative government would look at banning public servants from wearing the niqab, Stephen Harper told the CBC on Tuesday.

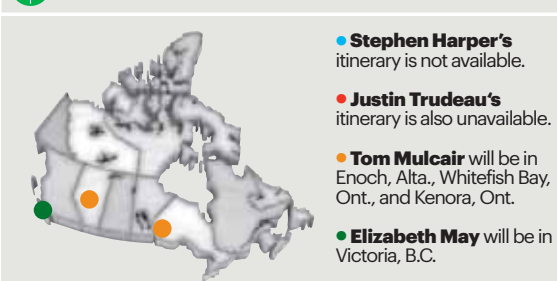
"That's a matter we are going to examine," Harper said in an interview with Power and Politics host Rosemary Barton.

"Quebec, as you know, has legislation on this, and we are looking at that legislation."

Harper said the "vast majority of Canadians" understand the Conservative government's decision to try to ban face coverings at citizenship ceremonies.

The policy, however, has been overturned in the courts.

WHERE THE LEADERS ARE WEDNESDAY



The Federal Court of Canada found the rule unlawful in February, and the Federal Court of Appeal recently upheld the decision.

On Monday, the appeal court also rejected the government's request to put the ruling on hold while Ottawa seeks a hearing at the Supreme Court of Canada.

Justice Johanne Trudel dismissed the government's application for a stay of a Sept.

15 decision that affirmed the unlawfulness of the prohibition on face coverings at citizenship ceremonies.

The case was brought on behalf of Zunera Ishaq, who refused to take part in a ceremony because she would have to show her face while reciting the oath of citizenship.

The NDP and Liberals have accused the government of using the issue to distract voters. THE CANADIAN PRESS

PHYSICS

Neutrino scientists win Nobel Prize

A professor emeritus at Queen's University in Kingston, Ont. — the former director of the Sudbury Neutrino Observatory in northern Ontario — is a co-winner of the 2015 Nobel Prize in Physics for his work on tiny particles known as neutrinos.

Arthur McDonald, a native of Sydney, N.S., was roused from sleep at about 5 a.m. on Tuesday by a phone call from the Nobel Prize committee telling him the news.

McDonald and Japanese scientist Takaaki Kajita were cited for the discovery of neutrino oscillations and their contributions to experiments showing that neutrinos change identities.

"The discovery has changed our understanding of the innermost workings of matter and can prove crucial to our view of the universe," the Royal Swedish Academy of Sciences said.

THE CANADIAN PRESS



Conservative Leader Stephen Harper greets supporters before speaking during a campaign stop at Global Systems Emissions Inc. in Whitby, Ont., on Tuesday.

NATHAN DENETTE/THE CANADIAN PRESS

MONTREAL

Feds raise stink about sewage

The federal government is playing "cheap" politics and has little credibility on matters of science, Montreal Mayor Denis Coderre said Tuesday, in reaction to Ottawa's call for the city to suspend plans to dump eight billion litres of sewage into the St.

Lawrence River.

Coderre gave officials from Environment Canada three days to meet him and city bureaucrats in order to talk about alternatives.

Environment Minister Leona Aglukkaq called on the city Tuesday to suspend plans to dump

the sewage while her department studies the environmental impacts of releasing the waste into the water.

Aglukkaq added she asked her officials to "explore options to prevent this release."

THE CANADIAN PRESS

FREEDOM

Fahmy making return to Canada

A Canadian journalist who fought terror-related charges in Egypt for nearly two years has finally begun his journey home.

Mohamed Fahmy tweeted a photo on Tuesday of himself with Canada's ambassador to

Egypt, Troy Lulashnyk, writing: "Canadian Ambassador Troy kindly escorted me to the gate at Cairo airport. A glorious end to our battle for freedom!"

On Monday, Fahmy was told his name was removed from a no-fly list, clearing the way

for his departure from Cairo.

Fahmy is expected to fly to Toronto later this week, where he's said he plans to urge political-party leaders to make sure Canada does everything possible to help citizens detained abroad.

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Turkey offered bonuses

metr The Syrian Crisis
The action plan

The European Union is ready to offer Turkey new incentives to better tackle the Syrian refugee crisis, including money, the easing of visa restrictions and better intelligence sharing.

The offer came in an action plan unveiled Tuesday, which in exchange would see Turkey improve its asylum and documentation procedures and beef up border security. Around two million refugees from Syria are currently in Turkey.

The Draft Action Plan was presented to Turkish President Recep Tayyip Erdogan during his two-day visit to Belgium and the EU but has yet to be officially accepted by Turkey.

It doesn't address demands made by Erdogan for Turkey's EU membership process to move ahead more quickly. Nor does it directly address calls he made for European backing for a safe haven and no-fly zone around Syria's northern border, which he said are key to ending the refugee crisis.

THE ASSOCIATED PRESS

Flood ruins homes

SOUTH CAROLINA

Historic rainstorm blamed for at least 17 deaths

The family of Miss South Carolina 1954 found her flood-soaked pageant scrapbook on a dining-room floor littered with dead fish on Tuesday, as the first sunny day in nearly two weeks provided a chance to clean up from historic floods.

"I would hate for her to see it like this. She would be crushed," said Polly Sim, who moved her 80-year-old mother into a nursing home just before the rainstorm turned much of the state into a disaster area.

Owners of inundated homes were keeping close watch on swollen waterways as they pried open swollen doors and tore out soaked carpets.

So far, at least 17 people have died in the floods in the Carolinas, some of them drowning after trying to drive through high water.

Sim's mother, known as



Floodwater covers a swing set in Effingham, S.C., on Tuesday. GERRY BROOME/THE ASSOCIATED PRESS

Polly Rankin Suber when she competed in the Miss America contest, had lived since 1972 in the unit, where more than three feet of muddy water topped her washing machine and turned the wallboard to mush.

"There's no way it will be what it was," said Sim. "My mom was so eccentric, had her

own funky style of decorating; there's no way anyone could duplicate that. Never."

Tuesday was the first dry day since Sept. 24 in South Carolina's state capital, where a curfew was in effect. But officials warned that new evacuations could come as the huge mass of water flows toward the sea,

threatening dams and displacing residents along the way.

Of particular concern was the Lowcountry, where the Santee, Edisto and other rivers make their way to the sea. Gov. Nikki Haley warned that several rivers were rising and had yet to reach their peaks.

THE ASSOCIATED PRESS

SOUTH AFRICA

Family of Pistorius speaks out

Oscar Pistorius' family criticized South African authorities on Tuesday for delays in deciding whether he should be released from jail and moved to house arrest, saying his rights were being "undermined" because of the publicity surrounding his case.

The family also reacted to parole officials' recommendation that the double-amputee runner undergo psychotherapy, saying he was already receiving "regular and ongoing" psychotherapy from both his personal and prison psychologists.

The Pistorius family spoke out in a written statement after his early release — which had been granted in June — was cancelled Monday and ordered to be reconsidered.

Pistorius was approved to be released on Aug. 21 after serving 10 months of his five-year manslaughter sentence for killing girlfriend Reeva Steenkamp. He would have been moved from jail after one-sixth of the sentence to serve the remainder at home.

THE ASSOCIATED PRESS

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IN BRIEF

Microsoft rolling out new slate of products

Microsoft unveiled its new Lumia 950 phones Tuesday that blur the lines between a phone and a computer. With an optional dock, you can attach a regular monitor, keyboard and mouse and work with apps on the phone just like you would on a Windows 10 desktop. The phones start at \$549 US and will be available in November. The company also announced an updated fitness tracker and showed off a HoloLens virtual-reality device.

THE ASSOCIATED PRESS

market minute

	DOLLAR 76.76¢ (+0.35¢)
	TSX 13,647.26 (+95.06)
	OIL \$48.53 US (+\$2.27)
	GOLD \$1,146.40 US (+\$8.80)
NATURAL GAS: \$2.470 US (+2.0¢)	
DOW JONES: 16,790.19 (+13.76)	

Most not ready for a rate hike

PERSONAL FINANCE

Survey finds 16% couldn't pay \$500 more in mortgage

Nearly one in six Canadians would not be able to handle a \$500 increase in their monthly mortgage payments, a new survey from the Bank of Montreal suggests.

According to the bank, 16 per cent of respondents said they would not be able to afford such an increase, while more than a quarter, or roughly 27 per cent, would need to review their budget.

Another 26 per cent said they would be concerned but could probably handle it.

Such an increase would be generated in the case of a three percentage point hike in interest rates — from 2.75 per cent to 5.75 per cent — on a

\$300,000 mortgage with a 25-year amortization period.

A report by Statistics Canada last month found the ratio of household credit market debt to disposable income climbed in the second quarter of 2015 to 164.6 per cent, up from 163.0 per cent in the first three months of the year.

That means Canadians owed nearly \$1.65 in consumer credit and mortgage and non-mortgage loans for every dollar of disposable income.

The report by BMO's Wealth Institute found that almost

half of Canadians, 47 per cent, believed that the high level of debt in Canada has been influenced by soaring real-estate values, while 40 per cent believed it has been influenced by low rates.

Interest rates, including mortgage rates, have been near historic lows.

BMO noted that when interest rates are low, it is a good time to make aggressive principal repayments on loans. Its survey found that 35 per cent of respondents are looking to pay down their mortgage sooner.

"However, statistics have shown that debt service rates have not changed very much from the early 1990s, when interest rates were much higher," the report said. "It appears that many Canadians have used low interest rates to get larger loans on more expensive houses rather than to aggressively repay their debt."

THE CANADIAN PRESS

Many Canadians have used low interest rates to get larger loans on more expensive houses.

BMO report



BMO's Wealth Institute reports 47 per cent of Canadians believe soaring real-estate values have influenced consumers' high levels of debt. THE ASSOCIATED PRESS FILE

DATA STORAGE

U.S. servers not safe, court says

Facebook and thousands of other companies could find it vastly more complicated to do business in Europe after a court ruled that personal data sent to U.S. servers is potentially unsafe from government spying.

Some 4,500 companies have long been able to store users' personal data — everything from status updates and photos to personal information like bank details and home addresses — where they see fit, often in the U.S.

That could change after Eur-

ope's top court on Tuesday declared invalid a 15-year-old pact allowing the unfettered transfer of personal data outside the European Union's 28 countries.

The case was brought by an Austrian law student in the wake of revelations by former U.S. National Security Agency contractor Edward Snowden of the extent of the NSA's surveillance programs. Max Schrems complained that U.S. law doesn't offer sufficient protection against surveillance of

data transferred by Facebook to servers in the United States.

The verdict could have far-reaching implications for companies operating in Europe. It does not mean they have to immediately stop transferring data to the U.S. Rather, it opens up the possibility that European regulators will be inundated by complaints by consumers who do not want their data stored in the U.S. That would make it difficult for companies to do business.

THE ASSOCIATED PRESS

ECONOMY

IMF sees growth slowing to 1%

The International Monetary Fund has cut its growth outlook for the Canadian economy to just 1 per cent for the year due to the drop in oil prices and reduced investment in the energy sector.

The forecast, issued Tuesday, is down from the IMF's expectation in July for Canadian growth of 1.5 per cent.

The organization also lowered its Canadian outlook for 2016 to 1.7 per cent from 2.1 per cent.

A major contributor to Canada's slowdown, it said, was

lower capital spending in the oil sector.

The downgrade by the IMF came as Statistics Canada reported the country's trade deficit with the world increased to \$2.5 billion in August, as exports posted their biggest drop since 2012 due to a sharp fall in oil prices.

CIBC economist Nick Exarhos noted soft energy prices and temporary disturbances

to more regular trade patterns played a role in August.

"It's clear that the cheaper loonie still needs time to have its full effect in lifting Canadian export volumes," Exarhos said.

Canada's exports in August fell 3.6 per cent from the previous month to \$44 billion, while imports edged up 0.2 per cent to \$46.5 billion.

THE CANADIAN PRESS

3.1%

The IMF said the world economy would grow only 3.1 per cent this year, the lowest since 2009.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I am a student at one of Canada's top universities and I just got a disturbing mass email from my history professor. I'm in awe of all the grammatical and punctuation errors. Am I being a snob?

Dear Ellen,
I am a student at one of Canada's top universities and I just got a disturbing mass email sent out to the whole class from my history professor. I'm in awe of all the grammatical and punctuation errors. Am I being a snob? Is that wrong?

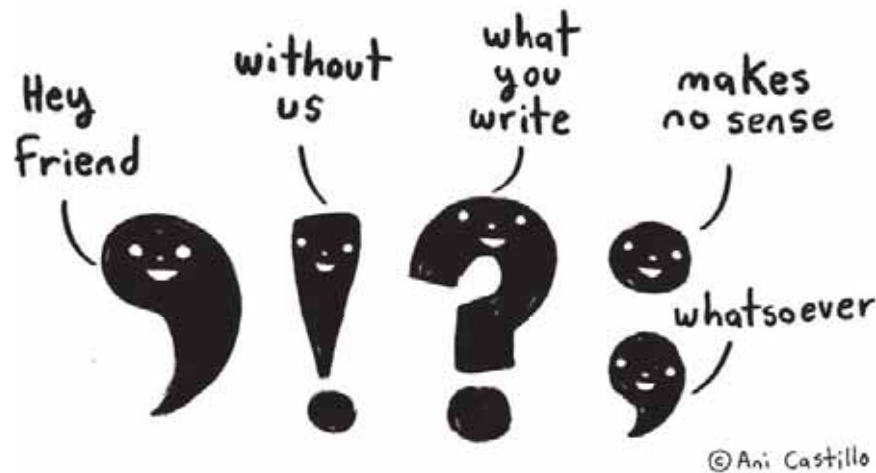
Rufus in Vancouver

Dear Rufus,
Coincidentally, I just heard a story from a relative in Winnipeg about a disturbing grammatical incident in an operating room. A teenager named Forbes was getting a couple of screws put into his tibia to repair a badly broken leg. As he was going under, he asked the anesthesiologist about a sheet suspended from a bar above his chest. "Is that so I can't see what's happening?" Forbes asked. "Probably," said the anesthesiologist. Forbes felt his concern rising. "Because I really don't want to see this," he added. The anesthesiologist shrugged: "It don't matter."

Forbes was almost unconscious at this point — but sheer disbelief evoked a superhuman effort to remain alert. Did this medical doctor, who was a native English speaker and who was presumably university-educated and who was in charge of calibrating a chemical cocktail that could turn Forbes' teenaged brain into perma-mush, just say, "It don't matter?"

Clinging to his last shred of

Clear communication is vastly more important than slavishly following rules.



© Ani Castillo

consciousness, Forbes slurred out a correction: "Donsheiw minn it *dushent* matter?" The last thing he remembers is the OR erupting in laughter.

Unfortunately, Forbes' distrust of the badly spoken anesthesiologist was borne out when, not having been given enough gas, he woke up in the middle of the procedure and then, after the doc administered too much compensatory gas, he puked his guts out in post-op.

I hesitate to draw a direct line between bad grammar and life-threatening incompetence and I definitely do not subscribe to the elitist attitude that perfect grammar is a must for everyone. Clear communication is vastly more important than slavishly following rules. To the extent that such rules are useful at all, it's insofar as they transmit meaning clearly. And being a snob about language is the antithesis of both clear communication and good manners.

But if there is a time and a place for proper grammar, surely it's among expensively trained, highly trusted

medical professionals and academics.

If you're at a top university, Rufus, you (or your parents) have probably spent a small fortune on tuition, books, supplies and room and board, and it's reasonable, and in no way "snobby," to expect your teachers to be at least as respectful of written communication as you are. You're at university to learn how to think critically, with precision and subtlety. Proper grammar and punctuation are essential tools used to achieve precision and subtlety. How can you learn from someone who doesn't seem to know this?

As it is, your professor's sloppily written email indicates sloppy thinking. It's possible he or she is learning disabled, or dyslexic, or the email was written under duress while your professor was being held captive and is actually a carefully coded cry for help — in which case we'd love to hear the whole story, grammatical or otherwise. But, barring the kidnapping scenario, there's no excuse for not asking someone else

to edit communiqués before inflicting them on impressionable students. Personally, I'd be tempted to send the professor a corrected version of the email and then ask for a refund on that particular course.

But let us not forget the lesson of the ungrammatical anesthesiologist. You may not want to risk being subjected to the academic equivalent of too much or too little surgical-strength ketamine on your pliant young brain.

My advice is that you fill out the online survey that university students are asked to complete these days. Be fair, and polite, but detailed in your description of any and all sloppy emails sent out by any and all instructors.

And, seriously, when else will you ever get the chance to pen a (supposedly) Churchillian and deliciously ironic phrase such as: "This kind of grammatical offence is something up with which I will not put?"

Need advice?
Email Ellen:
scene@metronews.ca

metroview

Here's why farmers are turning against the Conservatives



Laura Boyd-Clowes
For Metro

Farmers have traditionally been reliable supporters of Stephen Harper's Conservative government.

But that's changing. In the past five years, more and more farmers have turned against the prime minister. A farmer in Brantford, Ont., recently went so far as to mow the message "Anybody But Harper" into one of his fields.

The reason for the backlash is simple: the current government has demolished the precious little security of Canadian farmers' livelihoods.

One of the worst attacks on farmers was when the government handed the Canadian Wheat Board to Saudi- and U.S.-based firms, against wheat farmers' wishes.

Canadian wheat growers now face uncertain competition in global marketplaces. Probably only the largest operations will be able to survive.

What's more, Harper's been responsible for many devastating cuts to agricultural research, leaving farmers without the knowledge they need to do their jobs — and grow our food. Shouldn't a federal government make that a top research priority?

Canadian farmers are also worried about the decision by Harper to sign the Trans-Pacific Partnership (TPP) — a free-trade agreement intended to improve Canada's economic relationships with other countries along the Pacific, including the U.S., Australia, Japan

and Chile. Dairy farmers have been demonstrating against the TPP, which they say jeopardizes their livelihoods.

Because the agreement means more imported dairy, they fear overseas producers will out-compete Canada's own suppliers. Profits are already so low, many small dairy farms across the country have been forced out of business.

If larger international companies manage to undercut Canadian prices, this will make it even harder for our farmers to make a decent living. Small, independent farmers will be increasingly contributing to unemployment statistics.

There is a not-so-hidden message behind Harper's actions: the Conservatives know what is best, so we should all just shut up.

I have farmers in my family and I myself have lived and worked on farms. Farmers know what's best for themselves. Working with plants, animals and machinery in increasingly unpredictable weather, overcoming obstacles and improving margins require practical, scientific thinking. When farmers say, "These policies will not work for us," they've observed the results of similar policies elsewhere and seen that they haven't worked for farmers.

No matter whether you're urban or rural, or what your job is, as long as you eat, you should be worried. The livelihoods of small farmers, and by extension the sovereignty of our food system, is depending on voters to reverse the damage Harper's government has done.

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PHILOSOPHER CAT
by Jason Logan

HUNGER IS THE BEST SAUCE IN THE WORLD.

CERVANTES



RECIPE EXCERPT

Almond-Crusted Trout and Ginger Rice Pilaf

Quantity: 4 servings
Prep time: 30 minutes
Cooking time: 6 minutes

INGREDIENTS

- 2 Tbsp butter
- 1/2 cup finely chopped yellow onion
- 2 Tbsp fresh ginger, peeled and finely chopped
- Salt and freshly ground pepper, to taste
- 1 cup long-grain white rice
- 2 cups chicken stock
- 1 1/2 lbs trout

For the crust:

- Zest and juice of 1 lime
- 1 to 2 tsp sriracha sauce, to taste
- 1/4 cup finely chopped fresh cilantro
- 1/3 cup panko bread crumbs
- 1/3 cup almond flour
- 1/3 cup mayonnaise
- Salt and freshly ground pepper, to taste

STEPS

1. Preheat the oven to 400 F.
2. Melt the butter in a pot and cook the onion and ginger together until soft, about 5 minutes. Season with salt and pepper.
3. Add the rice and cook for 2 more minutes, stirring often.
4. Add the chicken stock and bring the mixture to a boil.
5. Reduce the heat, cover and cook for 15 to 20 minutes or until the rice has absorbed all the stock. Adjust the seasoning.
6. Arrange the trout on a baking sheet, season with salt and pepper, and set aside.
7. In a bowl, combine all the crust ingredients. Season with salt and pepper, and then spread the mixture over the trout fillets.
8. Bake in the oven for 5 to 6 minutes, and then broil until the crust turns lightly golden brown.
9. Serve with the rice pilaf.

A healthy obsession



Trout gets a flavour boost with a tasty panko crust. ALL PHOTOS AND RECIPES ARE TAKEN FROM THREE TIMES A DAY BY MARILOU AND ALEXANDRE CHAMPAGNE. REPRODUCED WITH PERMISSION FROM HOUSE OF ANANSI PRESS, HOUSEOFANANSI.COM. AVAILABLE FROM YOUR LOCAL BOOKSELLER OR FROM HOUSEOFANANSI.COM.

COOKBOOK

After battling anorexia, Marilou blogged her way back to eating well

Melita Kuburas
Metro | Canada



Food is culture. Food is nutrition. Food is friendship.

Increasingly, food has also become an obsession, with many of us photographing and posting our pretty plates, proselytizing about "eating clean" or the health benefits of hemp seeds, kombucha, or sacha inchi — examples of my own recent fetishes.

For Marilou, a French-Canadian singer and blogger whose cookbook *Three Times a Day* comes out on Saturday, food used to be something to fear.

"Food was kind of an enemy because it would make me become fat. It was the only thing I could feel around food," says Marilou, who battled anorexia for about five years. Her eating disorder started when she was 16 and left her physically and emotionally spent.

"I loved eating but I couldn't enjoy it. I was really obsessed. I was only thinking about that, even if I was at a movie or with friends or with family," says the 25-year-old, who goes only by her first name.

"I knew that I wanted children and so I knew that I wouldn't be able to continue my life like that and be the woman that I wanted to become."

Marilou is now expecting a child with her husband and col-

laborator, Alexandre Champagne, 30.

Together they started the blog *Trois-FoisParJour.com* on the heels of Marilou's recovery, in part as a way to share her experience with the thousands of young women who started reading. Since its launch in 2013 the blog has attracted 400,000 followers, and last year's French-language print of the cookbook has sold 200,000 copies.

Champagne's background as a portrait photographer translates into the esthetic of the cookbook, where the meal is his muse. He combines his love of vibrant colours with an earthy backdrop — meaning the meals are pictured against distressed wood, burlap placemats and chipped vintage china.

Diversity is a strong point, with recipes that range from the economical (a simple Pulled Pork Tacos and Almond-Crusted Trout) to the more involved (a gorgeous Cream of Beet and Almond Butter Soup and My Favourite Chocolate Cake).

In this book, food is a gift — quite literally. Seventeen of the recipes are categorized as such. The Spiced Lentil and Barley Soup can be assembled in a pretty jar with a ribbon tied on, as can the six different kinds of pestos, the recipes for which are displayed in a two-page infographic.

Even with a new appreciation of food, Marilou admits she is still influenced by her past when it comes to the recipes she includes in her work.

"I'm a different person because of what I've been through. So, yes, I was inspired by my condition," Marilou says.

"And while it's good to eat healthy food, (it's also OK) to eat desserts once in a while."



NEWS
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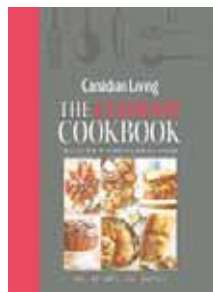
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RECIPE EXCERPT **CANADIAN LIVING: THE ULTIMATE COOKBOOK**

Smoked brined turkey



To celebrate 40 years of Canadian Living, the magazine's test kitchen has published a cookbook of more than 300 recipes: from appetizers to desserts and everything in between.

With Thanksgiving this weekend, Metro excerpts a recipe for brined turkey cooked on the barbecue.

For people who have packed their grill away for the season, the same recipe can easily be duplicated in the oven.

Cooking your turkey on the barbecue keeps your oven free for other dishes. For best results, do not use a bird larger than 6 kg on the barbecue. You'll need about 2 1/2 cups applewood chips; soak them in water for an hour before using.

Hands-on time: 50 minutes

Total time: 16 hours

Makes: 12 to 15 servings

INGREDIENTS**Brined Turkey:**

- 1 1/4 cups coarse salt
- 1/2 cup packed brown sugar
- 5 cups boiling water
- 1 orange
- 1 lemon
- 6 cloves garlic, crushed
- 2 Tbsp whole allspice
- 1 Tbsp black peppercorns
- 6 bay leaves
- 11 cups ice water
- 1 whole fresh turkey (4.5 to 6 kg)
- 3 Tbsp olive oil

Gravy:

- Chicken broth (optional)
- Unsalted butter (optional), melted
- 1/3 cup all-purpose flour
- 1/3 cup dry white wine
- Pinch pepper

DIRECTIONS**Brined Turkey:**

In large saucepan, dissolve salt and sugar in boiling water. Peel zest from orange and lemon; squeeze juice into bowl. Add orange and lemon juices and zest to pan. Add garlic, allspice, peppercorns and bay leaves. Let cool slightly. In large stockpot placed inside cooler or large bucket, combine brine mixture with ice water. Let cool completely, about 1 hour. (Make-ahead: Cover and refrigerate for up to 3 days.)

Remove neck and giblets from turkey; set neck aside for gravy. Discard giblets. Add turkey to brine; cover and refrigerate for 12 to 15 hours.

Heat 1 burner of 2-burner barbecue or 2 outside burners of 3-burner barbecue to medium. Seal soaked applewood chips in heavy-duty foil; poke several holes in top. Place over lit burner(s) or directly on coals. Remove turkey from brine and rinse in



cold water. Discard brine. Pat turkey dry inside and out. Place on greased rack in roasting pan; add reserved turkey neck to pan. Brush turkey all over with oil. Place pan on grill over unlit burner with legs facing centre of grill.

Close lid and cook, basting occasionally and covering loosely with foil if browning too quickly, until instant-read thermometer inserted in thickest part of breast reads 170 F (77 C) and juices run clear when meat is pierced, 2 1/2 to 3 hours. Transfer to cutting board; cover loosely with foil and let rest for 30 minutes before carving.

Gravy:

Remove neck from pan; set aside. Pour juices in cavity into heatproof liquid measure. If necessary, add enough chicken broth to make 3/4 cup. Drain all but 1/4 cup fat from pan, adding butter if not enough fat remains; cook over medium heat for 1 minute, scraping up browned bits from bottom of pan.

Add flour; cook, stirring, until slightly darkened, about 3 minutes. Add wine and reserved turkey juices. Stirring constantly, slowly add 2 1/2 cups water and bring to boil. Add neck and pepper; cook over medium heat, stirring constantly, until thickened, 7 to 10 minutes, adding more water to thin, if desired. Strain and serve with turkey.

Nutritional Information, per each

of 15 servings: about 263 cal, 44 g protein, 12 g total fat (3 g sat. fat), 3 g carb, trace fibre, 152 mg chol, 463 mg sodium, 583 mg potassium. % RDI: 2% calcium, 9% iron, 2% vit C, 9% folate.

VARIATION**Oven-Roasted Brined Turkey**

Roast turkey in 325 F (160 C) oven, basting occasionally and covering loosely with foil if browning too quickly, until instant-read thermometer inserted in thickest part of thigh reads 170 F (77 C), 2 1/2 to 3 hours.

RECIPE FROM THE CANADIAN LIVING ULTIMATE COOKBOOK, \$44.95, COPYRIGHT 2015 JUNIPER PUBLISHING.

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

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- 4 Nick Jonas Levels
- 3 The Weeknd The Hills
- 2 Macklemore ft Ryan Lewis Downtown
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Go Back to the Future with Pepsi

Cristabelle Tumola
Metro | New York

Back to the Future II may have been more fiction than reality now that it's 2015 (we're still waiting on an actual hoverboard), but one of the film's creations is coming to life.

Pepsi announced this week that it is coming out with Pepsi Perfect — the famous soda Marty McFly orders in the second installment of the trilogy.

"Pepsi fans asked and we heard them loud and clear," said

Lou Arbetter, senior director of marketing for PepsiCo, said in a statement.

"The Back to the Future trilogy was as big a moment in pop culture history then as it is now, 30 years later."

There will only be 6,500 bottles of the drink available to purchase online via Amazon starting on Oct. 21.

Although each 16.9-ounce drink will be outfitted in a special collectible case, they'll contain regular Pepsi. Each will cost \$20.15 US.



Collectible bottles of Pepsi Perfect will start selling on Oct. 21 for \$20.15 US each. HANDOUT

Bring your A-game to the holiday table

ETIQUETTE

If you're into tradition, here are old-school manners tips

Theresa Albert
For Metro Canada



Holidays are rife with protocol and manners that you may just be breaking.

Do you know when it is rude to bring food or flowers to a host? That's right; your quick, kind stop at the flower shop may be working against you.

The new book *Which Fork do I Use?* (Burns Rosemarie and Reed, Linda, *Manners Simply*, 2014 \$24.95 available online at mannerssimply.com) is laid out beautifully enough to be a gift itself. Which begs the question of whether this gift would be rude, hmmm.

Did you know:

- Food only moves in one direction when passed at the table. Everything from the

bread basket to the turkey platter should always travel from left to right in a counter clockwise direction.

- When eating soup, it is OK to lean forward slightly but do not blow. Wait until it cools enough to consume and use your spoon to scoop from the top or the edges where it is likely to be cooler. Fill spoon only 3/4 full and scoop away from you. Tilt the bowl away from you if need be and tap the edge of the spoon against the rim furthest from you to level off any drips. When you're done, place the spoon in the "I'm finished" position with the bowl facing 4 o'clock across the dish.

- Bread should be placed on the side plate or the rim of your dinner plate if no side plate is available. Small pieces should be ripped from your own slice or roll and buttered on the plate. Never butter in mid-air or in your hand. (This is North American style, in France, for instance, bread goes on the table cloth and it isn't spread with butter.)



Don't spoil a beautiful Thanksgiving dinner with bad manners. iSTOCK

- When enjoying the main meal, it is considered rude to cut more than one bite at a time. Use your fork and knife (properly!) to slice one small bite-sized piece at a time and chew and swallow it.

- Coffee cups must be held by the handle, not cradled in the hands like a mug.

- Never push your plate away from you when finished — this is considered pretty rude.

Instead, use the "I'm finished" signal by placing your fork and knife together in a 4 o'clock position.

- Crunching your napkin and tossing it into your finished

plate whether it is paper or cloth is rude. Fold when you are finished and place to the left of your setting.

Of course, the key and critical tip is now and has always been "don't talk with your mouthful."

The truth is, that's just gross. Nothing you have to say is so important or entertaining that it will overcome the ick factor of seeing your food all chunked up and flopping around your maw. (Or worse, falling out.)

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

LIQUID ASSETS

Rhône Valley: Gateway wine to famed reds

Peter Rockwell
For Metro Canada



French wines travel with a lot of baggage.

There are the old wives' tales that they're all expensive, can only be drunk with food and, worse, that you have to be some kind of wine expert to truly enjoy them.

All are baloney. While France does produce some of the priciest juice on the planet, and they all make a great pairing with the appropriate cuisine, the country creates a wine for every palate and the vast majority can be drunk right out of the bottle.

Though the light, fruity wines of Beaujolais are often considered the liquid gateway into French wines, I recommend starting in the Rhône Valley, especially if you've trained your taste buds on juicy, New World red wines.

The Les Dauphins 2013 Côtes du Rhône Réserve

(\$12.95–\$14.99) is a Grenache-led red made with grapes from the southern part of the region.

With its cool, retro label and vibrant, ripe berry flavours, it's a wine that will have even old wives rethinking their stand on French wines.

Prices reflect the range across the country. Some products may not be available in all provinces.



FOOD BRIEFS

Mexican nun joins cooking show to save her order

A plain-spoken Mexican nun has become an unlikely television star while trying to save her congregation from mounting debts.

Sixty-eight-year-old Florinda Ruiz Carapia, better known as "Hermana Flor," is one of five finalists on Mexico's version of *Master Chef*, a program in which contestants compete for a 1-million-peso (\$78,000) prize.

That would at least make a dent in the approximately seven-million-peso debt that her order, the Congregation of the Passion of Jesus Christ, owes for loans it took out to build or expand schools, according to Alejandro Esquivel, producer of the TV *Azteca* show.

Hermana Flor is among the five finalists. With only three weeks left till the finale, she has proven so popular that Esquivel is a little worried about the potential backlash if the nun doesn't win. A panel of professional chefs judges the contestants on the taste, presentation and speed of their dishes. THE ASSOCIATED PRESS

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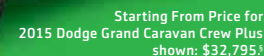
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Born to go off the beaten path



REVIEW

Power Wagon is factory equipped for serious off-road prowess

Mike Goetz
For Metro Canada



The Ram 2500 Power Wagon is not your typical heavy-duty pickup.

While the Power Wagon throws on all the formidable cargo and towing capacity only available in these heavy-duty monsters (classified either as 2500 or 3500 series trucks), this particular Ram model is also "factory equipped" for the roughest of off-road conditions.

Typically you need to go to the aftermarket to equip a pickup to be this off-road serious. The only other factory-equipped pickup in this off-road league is the Ford F-150 Raptor, but the Raptor is a "light duty" pickup. It's also not currently available, as Ford preps a new version for 2016.

The 2500 Ram Power Wagon is also not a typical vehicle to use for a family sightseeing vacation in Alberta. But when I was scouting for a test vehicle that would be available during our week in the province, and the fine folks at FCA Canada said this particular Power Wagon was primed and ready to go, well, I grabbed it, like a rodeo rider at the Stampede gripping the reins of a bull named ER Eddy. Experiencing Alberta by heavy-duty, off-road pickup? That sounded like a cool

and appropriate combination.

So what follows is not your typical road test, but a few random thoughts on family life with this beast during a great week in Alberta:

- Six pieces of luggage (four carry-on and two check-in) did not make an appreciable dent in the almost 2,000-lb payload capacity. Going in, I thought such a lightly loaded pickup would certainly be jiggly most of the time, but Ram's class-exclusive multi-link rear suspension, and recent frame stiffening, resulted in a surprising civil ride.

- Even with "cylinder deactivation" (which shuts down four cylinders when not needed), the 6.4-litre "Hemi" V8 was always thirsty. Whenever I filled the tank, I turned my back on the pump, trying to ignore how the rolling numbers would invariably climb to the \$100 mark.

- You sit incredibly high in this thing. People in regular pickup trucks crane their necks to look up at you, and say, "Don't hurt me" with their eyes. But with the cabin floor about two feet off the ground, and no running boards to get in the way of ground clearance, getting in was a challenge.

- Interior comfort is afforded by two great attributes: This is a very wide truck with lots of elbowroom for everyone, and also a surprisingly quiet truck.
- The massive front grille is designed to scare people and does. Lots of drivers let me pass once they saw that grille fill their rearview mirrors. And with 410 horsepower and 429 lb-ft of torque, passing was always low stress, even on mountain passes.

THE CHECKLIST | 2015 RAM 2500 POWER WAGON

THE BASICS

Type. Four-door, heavy-duty, full-size, 4x4 pickup
Power. 410-hp, 6.4-litre V8
Transmission. 6-speed automatic
Price. Base \$57,395 (plus destination)

NOTABLE FEATURES

- Electric front winch, Bilstein gas-charged shocks, and skid plates
- Automatic disconnecting front stabilizer bar for increasing suspension travel
- Uconnect multi-media centre with voice command and Bluetooth



MIKE GOETZ/FOR METRO

POINTS

- Only 2500 Ram that offers special off-road front suspension, which offers more flexibility and axle articulation for negotiating super rough terrain
- Class-exclusive multi-link rear suspension contributes to surprisingly smooth and competent "car-like" handling on regular pavement
- High ground clearance and ride height make getting in a gymnastic event

MARKET POSITION

- Ram's most off-road-ready heavy-duty pickup — no aftermarket modifying required
- Targeted to the truck crowd, who believe subtly, wherever it's found, should always be crushed with a big rock
- Built and equipped for extreme work or play, including heavy towing

THE COMPETITION



GMC Sierra 2500HD
Base price: \$40,795



Ford F-250
Base price: \$26,299



Nissan Titan XD
Base price: TBA

GERMANY

Self-driving milestones herald 'a new era for mobility'

Last Friday the Mercedes-Benz Actros became the world's first production truck to drive autonomously on a public road.

"Today's premiere is a further important step towards the market maturity of autonomously driving trucks — and towards the safe, sustainable road freight transport of the future," said Daimler board member Dr. Wolfgang Bernhard of his journey on the A8 between Denkendorf and Stuttgart airport.

Thanks to a sensor array plus active safety systems, the truck is capable of taking over driving

responsibilities in pre-defined situations such as on highways, where traffic flows and potential hazards are more predictable. The Highway Pilot Mode, which can be engaged and disengaged by the driver, can autonomously ensure a safe distance from the vehicle ahead while main-

taining lane discipline. If the car in front slows, the truck also applies the brakes automatically.

Friday's demonstration was approved by the German state of Baden-Württemberg, following an inspection of the vehicle by the German Technical Inspection Authority.

Meanwhile in France ...

On the same day, in neighbouring France, a Peugeot Citroën prototype became the first self-driving car to travel on French public roads, navigating from Paris to Bordeaux fully autonomously.

As the first carmaker to obtain permission for self-driving technology testing on the nation's roads, the

company had a head start on its rivals. Nevertheless, the 580-kilometre trip was a first for PSA Peugeot Citroën and for France as a whole, as it was the first time an autonomous car had driven on a public road within the country's borders.

"The journey made by our prototype today proves that autonomous vehicles are no longer a matter of science fiction," said Carlos Tavares, chairman of the managing board of PSA Peugeot Citroën, on Friday. "This ushers in a new era for mobility, which I find truly exciting." AFP



The Mercedes-Benz Actros with Highway Pilot. DAIMLER AG



The PSA prototype car. PSA PEUGEOT CITROËN

Mapping a better way to get around

DRIVING FORCE

Navigations systems have come a long way from paper days

Jil McIntosh
For Metro Canada



Vehicle navigation systems are a great way to get around, figuring out your route and guiding you through all the turns. But they need to be regularly updated, and they're going to have to become even more sophisticated to play a vital role in the future of autonomous driving.

"There's a big push for self-driving cars, and in the development of maps and location information," says Harold Goddijn, president and CEO of TomTom. "There's a whole new technology that must come together."

Mapping it out

To make an electronic map, navigation companies work with automakers to determine

the specifications required. Then it's all about legwork. The mapmakers first go to local governments to see what maps they have, and digitize as much of these as they can. They then send employees out to drive the roads, using mobile mapping vans equipped with laser, radar and GPS to collect data, which is incorporated into the system.

Keeping it current

Once the navigation map is made, the next challenge is to keep it up to

date. The company asks customers to report inaccuracies and changes, but it also watches vehicles connected to the network. TomTom can't identify individual cars, but it sees what traffic overall is doing.

"If we see a lot of people driving on what we think isn't a road, we look at satellite pictures to see if there's a (new) road there," Goddijn says. "Or when we see large amounts of cars making traffic violations because they are going down a one-way street, it's probably

something that has changed in the direction of flow."

Right now, updating maps in existing vehicles can be a cumbersome task, but as more and more vehicles come online through wireless connections, navigation companies can download new information to them.

Self-driving cars

The next big hurdle for mapmakers is developing systems that are accurate enough that autonomous cars can use them

without the driver's assistance.

"We need to know how many lanes are on the road, how many lanes there are, and 20-centimetre accuracy where an exit starts and where it ends," Goddijn says. "We need all that to give the computer in the car the information to accurately plan its next manoeuvre, and know where it is and where it's heading."

This will require even more map maintenance, because while a driver can see a change in traffic patterns ahead and take a different

+ HISTORY

- In the 1930s, you could buy a device that attached to the speedometer and scrolled through a paper map as you drove, showing cross-roads and turns.
- Honda first offered a navigation system in the 1981 Accord, which used road patterns and a gyroscope to pinpoint the car's location.
- Cars initially used maps stored on cassettes and CDs, while Pioneer introduced a GPS system in 1990.

route, an autonomous car following an outdated map might not be aware of detours due to construction or crashes.

"We're building a self-learning and self-improving system that's highly automated and based on machine learning and other technologies," Goddijn says. "This will help us to make sure that the maps are accurately reflecting the reality."



Navigation systems must be updated regularly, which will be even more important for self-driving cars. COURTESY TOMTOM



TAKE A
SECOND
LOOK

Everything needs updating. Even insurance.

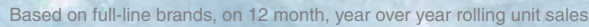
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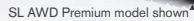
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Blue Jays ride support of country into post-season

MLB PLAYOFFS

Toronto slots Price, Stroman for Games 1, 2 against Texas

First baseman Chris Colabello experiences Blue Jays fever every time he looks at his phone or steps out his door.

"It's pretty epic," he said.

Colabello, a platoon player who readily admits he's nowhere near the top of the Jays' star pecking order, says just getting a cup of coffee is an adventure these days.

"That's a testament to how much this city loves their team and appreciates what we've done for them," he said. "And we hope to continue it for them."

"It's a blessing," added left-fielder Ben Revere.

Toronto's wild ride this season will go up a gear Thursday when the Blue Jays host the Texas Rangers in Game 1 of their American League Division Series. It's Toronto's first visit to the post-season since winning a second straight

World Series in 1993 and interest is booming.

Toronto ace David Price will face Texas' Yohan

In David Price's only start against the Rangers this season, he allowed two runs in six innings in Toronto's 12-4 win at Texas on Aug. 26. STEPHEN DUNN/GETTY IMAGES



Starting pitcher Marcus Stroman plays long toss during a team workout in Toronto on Tuesday. Stroman will be matched up against the Rangers' Cole Hamels in Game 2 of their series. DARREN CALABRESE/THE CANADIAN PRESS

Gallardo in the series opener while Marcus Stroman, adding a new chapter to his remarkable comeback from spring training knee surgery, takes on Rangers marquee man Cole Hamels in Game 2 Friday.

The best-of-five series will then descend on Texas for the next two games, if necessary, with Game 5 in Toronto if needed.

I get recognized probably a little bit more — maybe in a better way.

John Gibbons

A relaxed bunch of Jays met the media Tuesday before working out at the Rogers Centre to the diverse sounds of Miguel, Beck, Fetty Wap, Lynyrd Skynyrd, Led Zeppelin, the Zac Brown Band and Hardwell.

Promotions for Thursday's game flashed on the giant scoreboard as the players held batting practice.

Earlier, manager John Gibbons

leaned back in his chair as he chatted with reporters in his office.

"I feel good," he said. "Nice and relaxed. I feel good about the way the year's gone. And you know what I think we've got a real shot to advance in this thing."

Every Jay is in the spotlight these days, with fans across the country following the team.

Colabello, who has 24,100 Twitter followers, estimates 20,000 of them came after joining Toronto this season.

Gibbons said Dalton Pompey and Ezequiel Carrera will be on the post-season roster to add speed. The team will only carry two catchers in Russell Martin and Dioner Navarro.

THE CANADIAN PRESS

Battle of big bats in ALDS

Two potent offences and a hitter-friendly park in the Rogers Centre could make for some excitement when the Toronto Blue Jays host the Texas Rangers in the American League Division Series.

Toronto, which went 4-2 against Texas this season, opens the best-of-five series with home games Thursday and Friday before heading to Globe Life Park in Arlington for the next two.

Both teams rode second-half surges to the playoffs, with Toronto reloading at the trade deadline.

Toronto (93-69) was 45-46 at the all-star-break then kicked in the after-burners to go 48-23. That includes a 1-4 end to the season after clinching its division.



Texas (88-74) won 14 of its last 21 games, and went 46-28 after the all-star break.

Toronto and Texas boasted the most potent offences after the all-streak break, with the Jays topping the majors at 405 runs and the Rangers second at 381.

Unlike the Jays, the Rangers have plenty of recent post-season experience having won the AL West three of the last six years. But Texas ranked last in the American League with a 67-95 record in 2014.

The Jays bring a big bat to the post-season.

Toronto led the majors in runs scored (891), home runs (232), on-base percentage (.340) and slugging percentage (.457) and ranked second in batting average (.270).

Texas ranked third in runs (751), 11th in home runs (172), sixth in on-base percentage (.325), ninth in slugging percentage (.413) and 10th in batting average (.257).

Prince Fielder, Mitch Moreland, and Shin-Soo Choo led the Texas attack with a combined 68 homers and 265 RBIs. Josh Donaldson, Jose Bautista and Edwin Encarnacion powered the Toronto offence with a combined 120 home runs and 348 RBIs.

THE CANADIAN PRESS

ONE MORE CURSE TO WORRY ABOUT

Urban legend has it the Blue Jays are in for a tough post-season now that John Gibbons and company have graced the cover of Sports Illustrated's MLB playoff edition.

Edwin Encarnacion, Troy Tulowitzki, David Price, Russell Martin, Jose Bautista and Josh Donaldson joined their manager on the front of the magazine after end-

ing their 22-season playoff drought by winning the American League East crown.

But the well-known SI cover jinx could toughen the post-season for the Jays.

Fronting the magazine has cursed other athletes in the past.

Just ask former Cincinnati Reds star Pete Rose, whose 44-game hitting streak in

1978 came to an end the same week he appeared on the cover.

The last time the Jays appeared on an SI cover was in 2005. The team finished third in the American League East that year.

The latest issue hits stands Wednesday.

Last week, it was pointed out that three MLB teams — Washington Nationals,

Houston Astros and San Diego Padres went into a tailspin after Taylor Swift played a concert in their home stadium on her latest tour.

Swift played the Rogers Centre over the weekend and the Jays lost their last two games of the season.

TORSTAR NEWS SERVICE



HANDOUT/THE CANADIAN PRESS

NHL SEASON PREVIEW

Long view a must for Leafs fans to keep their sanity

PROTEAU TYPE

Adam Proteau



As the Maple Leafs prepare to kick off their 99th season Wednesday against their arch-rivals from Montreal, team management — including new head coach Mike Babcock and GM Lou Lamoriello — have done well to keep expectations low. The off-season trading of Phil Kessel, among other moves, make it clear Toronto is in the early stages of a basement-to-roof makeover that will take years to complete.

If that message sounds familiar, it ought to — more than a few hockey men talked of rebuilding the Leafs slowly, only to eventually abandon those plans. But this familiar pattern is unlikely to continue under team president Brendan Shanahan & Co. For one thing, captain Dion Phaneuf — whose salary cap hit is a team-high \$7 million, and who may be moved by or before the NHL trade deadline — is



Under Brendan Shanahan's front-office team, the Leafs should be in no hurry to throw top youngsters like William Nylander to the big-league wolves. CARLOS OSORIO/TORSTAR NEWS SERVICE

the only Toronto player with a cap hit higher than Babcock's \$6.25-million-a-season salary. The Leafs' coach is the most important person in the dress-

ing room, and that hasn't happened since the glory days of Punch Imlach.

Equally, if not more important, is the newfound insist-

ence on patience with the organization's young talent. William Nylander, the Leafs' first draft pick in 2014, demonstrated in training camp he

can play at the NHL level, but Toronto brass dispatched him to the minor-league Marlies to continue developing his game. That might not have happened

“Shanahan's team is fully aware of the Leafs' past, and determined to be the first group to break that cycle of losing.”

under previous administrations that prioritized short-term results over a tough, often-ugly process.

Shanahan's team is fully aware of the Leafs' past, and determined to be the first group to break that cycle of losing. There will be fans and media that obsess over the on-ice mistakes that will be made by this current roster of players, but the people running things have the big picture in mind. By the time Toronto becomes a Stanley Cup contender, many, if not most of those players won't be wearing blue and white.

So if you're a Leafs fan steeling yourself for a long stretch of losing, forget about the trees. Keep focusing on the forest. It may be small consolation in 2015-16, but if management does things right, it will be worth the wait.

NHL

‘Chemistry is great’ among mostly unchanged Canadiens

There was not much drama at the Montreal Canadiens camp this year.

There was Mike Condon's successful campaign to unseat Dustin Tokarski as the backup goalie and plenty of candidates battling for spots on a fourth line that ended with Torrey Mitchell, Devante Smith-Pelley and Brian Flynn securing those positions.

But the bulk of the squad — the top three lines and three defence pairs — were together from the start of camp and should still be in place when the Canadiens open the regular season Wednesday night in Toronto against the Maple Leafs.

“We have a lot of guys in here that earned their spot last season,” goalie Carey Price said Tuesday. “It's a pretty solid lineup. We like our group. The chemistry is great. There's not much else to say.”

The Canadiens, who finished second overall in the 30-team NHL last season, were looking for more scoring and added veteran wingers Alex Semin, a free agent, and Tomas Fleischmann, a camp tryout, to an established set of forwards.

The season opener will be a first test under live fire for a new line that has Alex Galchenyuk moving from left wing



Last year's MVP Carey Price of the Canadiens GETTY IMAGES

to centre between Semin and Lars Eller. Galchenyuk had four points in as many games in the pre-season.

The first line has Tomas Plekanec between newly named captain Max Pacioretty and Brendan Gallagher. Centre David Desharnais is now on the third unit with Fleischmann and Dale Weise. Desharnais and Weise both averaged a point per game in exhibition play.

“I think we're much further ahead now than we were a year ago at training camp,” said coach Michel Therrien. “We want to have stability because we added two guys in Semin and Fleischmann.”

“It's going to allow us to try to create chemistry as fast as possible and we've already been

able to do that during training camp.” The defence pairs are the same: P.K. Subban with Andrei Markov; Jeff Petry with Alexei Emelin; and Tom Gilbert with Nathan Beaulieu.

Price is looking to repeat a 2014-'15 campaign that saw him claim the Hart Trophy as league MVP and Vezina as top goaltender.

The Canadiens will face a rebuilding Toronto squad under new head coach Mike Babcock, although games between the rivals are usually close no matter which team is up or down in the rankings.

“They're going through a transition, as opposed to us, we're all set,” said Plekanec. “Everything's pretty much stabilized, every player knows his role and knows his job to do.”

“I'm sure, in a couple of years, they'll find that too.”

The Canadiens made their final moves, sending forward Jacob de la Rose to St. John's of the AHL and taking tenacious, five-foot-seven winger Paul Byron off waivers from the Calgary Flames.

The team wants the 20-year-old de la Rose to play regularly while 26-year-old Byron should see spot duty in Montreal.

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RUGBY WORLD CUP CANADAS THROW AWAY ANOTHER LEAD AS ROMANIA MAKES HISTORY

Canada's Gordon McRorie is tackled by Romania's Johannes van Heerden in their Pool D match. Romania produced the biggest comeback in World Cup history to rally from a 15-point deficit and beat Canada 17-15 on Tuesday, clinching the dramatic victory with a nerveless late penalty from centre Florin Vlaicu. RUI VIEIRA/THE ASSOCIATED PRESS

NHL

Kassian backed by team after progressing in his substance abuse program

Montreal Canadiens players are pulling for teammate Zack Kassian, who has entered stage two of the league's substance abuse and behavioural health program.

“I sent him a text and he responded,” defenceman P.K.

Subban said Tuesday. “I just told him he has all the support of the guys here.”

“My first thought was that you just want to make sure he's OK, regardless of what's happening in the situation. We know life can change in a second. We're happy that he's getting the right treatment.”

Kassian was placed in the joint NHL-NHL Players'

Association program after he was involved in a single-vehicle accident early Sunday morning. The 24-year-old suffered a broken nose and broken left foot, while two women in the vehicle also suffered non-life-threatening injuries when the truck they were in hit a tree.

Police said Kassian was not the driver. THE CANADIAN PRESS



Deputy commissioner Bill Daly
Daly BRUCE BENNETT/GETTY IMAGES

NHLers react to cocaine report

DRUG POLICY

TSN exposé a hot topic ahead of new season

Cocaine was a hot topic at NHL practices on the eve of the regular season's opening day after a report that the drug's use is up among players.

In an interview with TSN, deputy commissioner Bill Daly said cocaine use in the league has risen, adding that he didn't think it was a crisis involving more than 20 players.

Daly said he wasn't sure how

many players use the drug because the league doesn't "test in a comprehensive way."

Reactions on the report and the possibility of more drug testing were varied. At the Montreal Canadiens' practice in Brossard, Que., defenceman P.K. Subban said he's not in favour of players doing drugs.

"Our message to kids is always, 'Don't do drugs,'" Subban said.

"Regardless of what the league does, that is something that is unfortunately out there, not just in hockey but in the world. I don't know what the situation is in hockey, but co-

66

It doesn't deserve and need a lot of publicity. We just need to take care of business.

Commissioner Gary Bettman's response last week when asked about off-ice incidents, but not specifically cocaine

caine's a crazy drug.

"You learn about it in school. You see what it does to people. It's crazy."

Rumours of players using cocaine are nothing new. Jarret Stoll was arrested in April for cocaine possession at a Las Vegas hotel.

The NHL and NHL Players' Association have had a Substance Abuse and Behavioural Health Program (SABH) in place since 1996.

As part of the NHL's drug-testing program, there are 2,400 samples taken each season for inspection for performance-enhancing substances.

A third of them are also screened for so-called "drugs of abuse," though a positive test does not carry any kind

of suspension or fine.

A player whose test comes back with dangerously high levels of a drug, such as cocaine or ecstasy, is subject to consultation with SABH doctors. The program includes four stages with varying degrees of treatment and discipline.

The NHL and NHLPA would have to negotiate and agree to make all of the drug tests subject to that additional screening. According to TSN, NHLPA executive director Don Fehr has brought up cocaine use in meetings with several teams.

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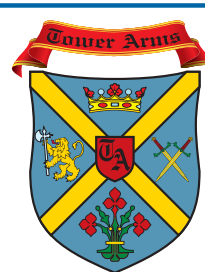
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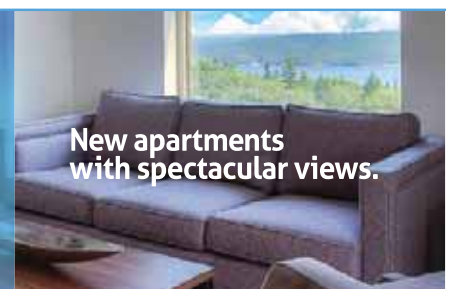
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RECIPE Lemon Orzo Soup with Chicken



PHOTO: MAXA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada



This soup combines a creamy texture with bright flavours. It also makes enough you can take it for lunch the next day.

Ready in
30 minutes
Serves 6

Ingredients

- 8 cups of low-sodium chicken stock
- 1 cup orzo
- 1/2 lb of skinless, boneless chicken breast, chopped into bite-sized pieces
- 3 eggs
- 1/3 cup of lemon juice
- Salt and pepper to taste
- Small handful of parsley, chopped

Directions

1. In large pot, bring stock to a boil. Add the orzo and reduce heat just slightly so it simmers 10 minutes.
2. Now add the chicken to the pot with the stock and orzo and simmer for 10 more minutes.
3. While that's cooking away, crack your eggs into a bowl and whisk in the lemon juice. Using a ladle, scoop out some hot broth and add small of stream to your egg mixture while whisking. Add as much hot stock as it takes to really warm up the egg so it won't scramble in the soup.
4. Now pour your egg mixture into your soup pot. Cook for another 2 or 3 minutes or until it thickens slightly. Season to taste. Serve with a sprinkle of chopped parsley.

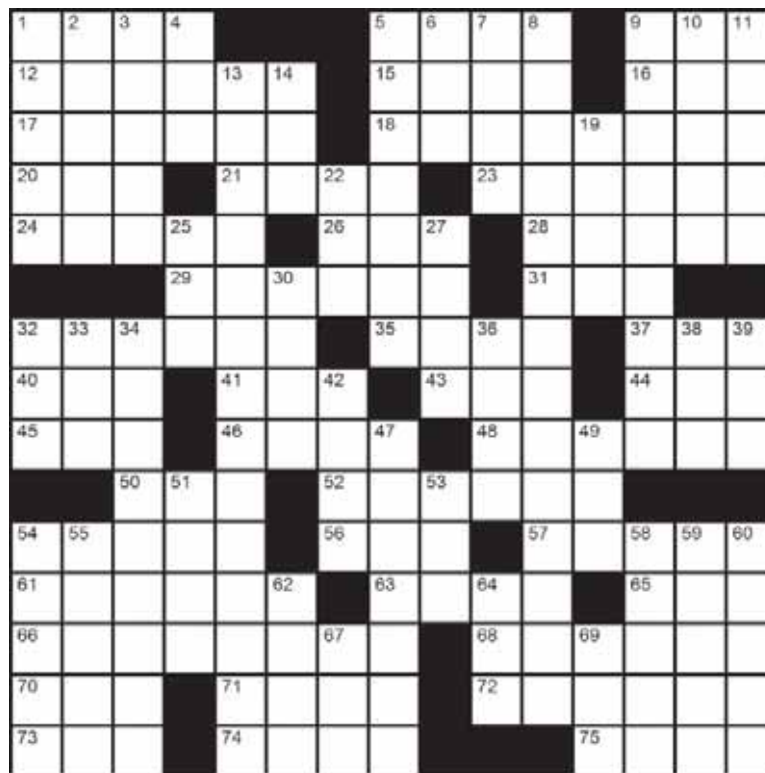
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BY KELLY ANN BUCHANAN

ACROSS

1. Exhausts
5. "Thunderstruck" rockers
9. AmEx transaction
12. Country in Africa where Lilongwe is the capital
15. Gordon Pinsent's actress daughter
16. Tee-__ (Chuckle)
17. Public speaker
18. Captain Kirk's urgent warning on the U.S.S. Enterprise: 2 wds.
20. Extra cottage bed
21. Two notes following Do...
23. Extraterrestrials
24. Pray
26. Lettered grocery chain
28. Fun-sounding instrument
29. Ms. Piaf's
31. Since-1916 car co.
32. Car race tune: "___ Lincoln"
35. Root vegetable
37. Owns
40. Pub drink
41. Minimal
43. Ms. Zadora
44. "Letters from ___ Jima" (2006)
45. 'B' or 'C' of The Spice Girls
46. Dead and Red
48. Game show winners go home with them
50. And so forth [abbr.]



52. Sportswear brand
54. Pant style
56. "Babe: ___ in the City" (1998)
57. Essentials
61. Friendly nations
63. Word on the banana's sticker

65. Gusto
66. Tell the patient what the problem is
68. Spanish dramatist, Juan del ___
70. Mr. Liotta
71. Arctic fish
72. ___ Graham ...better known as Canadian

- rapper Drake
73. 'Baron' suffix
74. Forever and evers
75. Puts into place

DOWN

1. Artist's protection from splashes
2. Brother of

- Moses
3. 'Home' spot in baseball
4. Was in session
5. Okay, at times
6. So-so grade
7. Papa
8. Specials of the day can be erased from it each day: 2 wds.
9. Orange-in-colour spread by Kraft: 2 wds.
10. "Tell ___" by The Zombies
11. Whitney Houston hit bit: "I ___ emotional baby / Every time I think of you."
13. Edmonton attraction, Telus ___
14. Pique
19. One Direction member
22. Univ. in "Good Will Hunting" (1997)
25. 'Puppet' suffix
27. Rushed letters
30. Idea: French
32. Theatrical attention-lover
33. Flamenco exclamation!
34. Some creations by TV writers
36. Like a no-longer-green banana
38. Wonderment
39. Therefore
42. Papery nest builder
47. Web weavers
49. A E ___ and sometimes Y
51. Li'l math course
53. Tip to 'mania'
54. Inner circle
55. Assumed name
58. Church topper
59. Dogma
60. ___ or neuters
62. Artsy area of Manhattan
64. Ms. Michele of "Scream Queens"
67. Actress, Laura ___ Giacomo
69. Billy Joel's ex ...her initials-sharers

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Today's Mars-Neptune link may make it a bit harder to get along with someone on the work front. The fact is you can quite easily get along without their help, so don't worry about it.

Taurus April 21 - May 21
Get on top of your workload before it gets on top of you. Shut out distractions and tackle each task with energy and enthusiasm. But don't stop there — get ahead.

Gemini May 22 - June 21
A friend may not have been very supportive of late but that does not mean they are turning against you. It's more likely they have worries of their own to contend with.

Cancer June 22 - July 23
Don't try to cheer yourself up by wasting money on things you don't need. You may be expecting to come into some cash but don't spend it all before it actually arrives.

Leo July 24 - Aug. 23
Don't take things too seriously. With so many changes taking place you need to stay calm and be flexible in your approach to everyday problems. They are not worth getting worked up about.

Virgo Aug. 24 - Sept. 23
Try to remember that while some people respond best to reason, others respond best to emotion. Pick the right approach for each individual and you will get more.

Libra Sept. 24 - Oct. 23
If your energy level seems a bit low don't push yourself too hard. Mars in the most sensitive area of your chart means if you double your efforts the returns are likely to be lower than you expected.

Scorpio Oct. 24 - Nov. 22
Your emotions are quite raw and it may seem as if every little thing is a matter of life or death. But it isn't and soon you will get a new and more positive perspective on life.

Sagittarius Nov. 23 - Dec. 21
Be selective in the tasks you take on. If you throw yourself at each little challenge you may not have enough energy left to tackle the really big challenges that are coming.

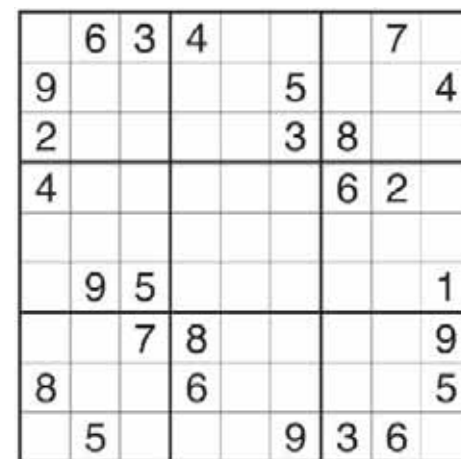
Capricorn Dec. 22 - Jan. 20
You are worthy of success. Don't avoid challenging situations simply because you fear you are not up to the task. Believe in yourself.

Aquarius Jan. 21 - Feb. 19
You need to let certain people know that you no longer care what they say or do. That might sound a bit extreme but if you don't do it now they will keep annoying you and make an even bigger falling-out more likely later on.

Pisces Feb. 20 - March 20
You may have to endure a few setbacks this week but don't let them unsettle you. Above all, don't lose your temper with people you have to work with on a day-to-day basis.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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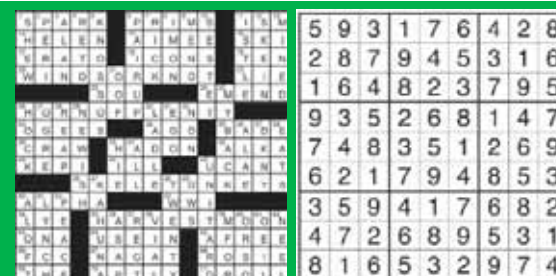
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